



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09290, Prunes, dehydrated (low-moisture), stewed

Report Date: July 01, 2017 00:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 280g
Proximates					
Water	g	67.99	2	--	190.37
Energy	kcal	113	--	--	316
Energy	kJ	473	--	--	1324
Protein	g	1.23	--	--	3.44
Total lipid (fat)	g	0.24	--	--	0.67
Ash	g	0.83	--	--	2.32
Carbohydrate, by difference	g	29.70	--	--	83.16
Minerals					
Calcium, Ca	mg	24	--	--	67
Iron, Fe	mg	1.17	--	--	3.28
Magnesium, Mg	mg	21	--	--	59
Phosphorus, P	mg	37	--	--	104
Potassium, K	mg	353	--	--	988
Sodium, Na	mg	2	--	--	6
Zinc, Zn	mg	0.25	--	--	0.70
Copper, Cu	mg	0.204	--	--	0.571
Manganese, Mn	mg	0.104	--	--	0.291
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	2	--	0.0
Thiamin	mg	0.046	2	--	0.129
Riboflavin	mg	0.030	2	--	0.084
Niacin	mg	0.985	2	--	2.758

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 280g
Pantothenic acid	mg	0.108	2	--	0.302
Vitamin B-6	mg	0.191	2	--	0.535
Folate, total	μg	0	2	--	0
Folic acid	μg	0	--	--	0
Folate, food	μg	0	2	--	0
Folate, DFE	μg	0	--	--	0
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	26	2	--	73
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	523	2	--	1464
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.020	--	--	0.056
16:0	g	0.016	--	--	0.045
18:0	g	0.003	--	--	0.008
Fatty acids, total monounsaturated	g	0.161	--	--	0.451
16:1 undifferentiated	g	0.002	--	--	0.006
18:1 undifferentiated	g	0.159	--	--	0.445
Fatty acids, total polyunsaturated	g	0.053	--	--	0.148
18:2 undifferentiated	g	0.053	--	--	0.148
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					